

COVID-19 Home Isolation Preparedness

While we all pray that the Covid-19 virus does not reach our own home, it is the highest single emergency risk every one of us faces right now. Preventing the passing of the virus from one family member to another is one of the most important mitigation steps available to us once the virus has pierced our home's line of defense.

Eighty percent of Covid-19 patients do not require hospitalization. They must be cared for at home. Having a plan in place to respond to this situation will help give you peace of mind and possibly save the lives of your own family and friends. In this way, if the worst case personal scenario comes to pass, you can immediately implement the safest possible home-based response.

1. Identify which room in your house will be the designated sick room. The infected person, once diagnosed, should immediately be quarantined in that room.
 - A. It is recommended the sick room have a private bathroom if possible. If not, identify the bathroom the sick person will use exclusively. If you have only one bathroom, plan to disinfect it after every use by the sick person.
 - B. If possible get an exhaust fan for the room so none of the air from the sick room seeps back into the rest of the house.

2. In advance, purchase a reasonable quantity of the following supplies:
 - A. Disinfectants. Disinfectants need to stay on a surface for several minutes in order to kill the Covid-19 virus. A disinfectant spray should be part of your supply.
 - B. Paper towels. Use these to wipe down surfaces after the proper disinfecting time.
 - C. Disposable plates, cups and utensils. No dishes which are contaminated should come back out of the sick room.
 - D. Trash can liners. All trash such as tissues, dishes, disinfecting wipes, etc. should go into a dedicated trash receptacle which will remain in the sick room.

There are other things which can be done to prepare, but start with these simple steps.

Below are links to more detailed guidance on how to manage an infection.

Home isolation instructions for people with COVID-19

<http://publichealth.lacounty.gov/acd/docs/HomeisolationenCoV.pdf>

Home cleaning instructions

<http://publichealth.lacounty.gov/media/coronavirus/CleaningInfographic.pdf>

Home Quarantine Guidance for Close Contacts to COVID-19

<http://publichealth.lacounty.gov/acd/docs/COVHomeQuarantine.pdf>